

10/04/25

Free Talk

Firefighter 消防员

Evacuation 撤离

Emergency evacuation 紧急撤离

Record ➡ 名前动后 (重音: 名词在前, 动词在后)

名词发音: /'rekɔ:d/

动词发音: /rɪ'kɔ:d/

香水:

Top note 前调

Middle note 中调

Base note 基调/后调

Homework Analysis - Writing

Summary

IGCSE ESL Writing

Article

The Benefits of a ~~Four-Day Work Week~~ workweek

Recently, there has been much debate about whether employees should work ~~for~~ ^{↓ IT IS A "t"} four days ~~instead~~ of five. Some people ~~belive~~ believe this would make workers ~~happy~~, while others worry that their salary might be reduced.

In my ~~opini~~ ^{workweek} opinion, a four-day work week ^{offers / provides} has more benefits for both employees and companies.

Firstly, a shorter working week encourages people to work with higher efficiency. ~~If~~ ^{It} ~~empty~~ employees only have four days to complete their usual ~~task~~ tasks, they will be motivated to stay focused and avoid wasting time. For example, trials in Iceland and the UK have shown that workers maintained or even increased productivity when ^{the number of} ~~their~~ working days were reduced. ^{which suggests} $6000 + 26000 / 1000 = 99.96\%$ [?]

This proves that compressed working hours can lead to greater concentration and fewer distractions. As a result, companies ^{often achieve} ~~benefit~~ from

^{the} → why did you capitalize the "e"?
The same, or even higher output in fewer days. ^{Therefore,} Clearly, reducing the working week ^{to a great extent,} ^{更加紧凑} pushes employees to complete tasks more efficiently. ^{le} ^{大绝时}

Secondly, a shorter working schedule improves mental health and increases job satisfaction. With three days of rest, employees have more opportunities to spend time with family, enjoy hobbies, or ^{develop} even learn new ~~star~~ skills. This helps them recharge both physically and mentally, reducing stress and burnout. For instance, many workers reported feeling happier and more ~~motivate~~ motivated during four-day week trials because they could balance personal ^{lives} life and work more effectively. Happier employees are also more loyal, which lowers staff turnover and saves companies money on hiring and training. Therefore, a four-day ^{workweek} work week creates healthier, more ~~st~~ satisfied workers who perform better at their jobs.

In conclusion, the four-day ^{workweek} work week is not only beneficial but also a smart ^{why?} step for the future of work. By increasing ~~efft~~ efficiency and improving mental health, it ensures that employees are happier and businesses remain competitive. A system that combines four days of focused work with three days of rest is one that benefits everyone.

Title

The Benefits of a Four-Day Work Week

表扬：这个标题起得不错～

Workweek ➡ 一个词

The Benefits of a Four-Day Workweek

Introduction

“insdead of”

Spelling mistake

In my opinion, a four-day work week has more benefits for both employees and companies.

“instead of”

In my opinion, a four-day workweek offers / provides more benefits for both employees and companies.

用 “has” 和 “offer / provide” 表达的主动性不同

① has = “拥有” ➡ 陈述 “四天工作周具备这些好处”。

② offers/provides = “提供” ➡ 强调这种制度主动带来、给予好处，语气更符合 “好处作用于人” 的逻辑。

③ 学术写作或议论文中，offers/provides benefits 是更常见、更标准的搭配。

Body Paragraph 1 (两个 body 段都写得很棒呢!)

If employees only have four days to complete their usual task, ...

① only 要尽量靠近它修饰的词

If employees have only four days to complete their usual task, ...

② 这里要强调的不是 have, 而是 days ➡ 应该放在 four days 前面

③ 更多例子:

I have only two hours left.

She has only one chance.

We had only five minutes to decide.

For example, trials in Iceland and the UK have shown that workers maintained or even increased productivity when their working days were reduced. This proves that ...	For example, trials in Iceland and the UK have shown that workers maintained or even increased productivity when their working days were reduced, which suggested that ...
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学术写作要**严谨**

① prove = 证明 ➡ 结论是**绝对正确、没有争议**。

语气: 太强硬, 容易显得主观、武断。

② suggest = 表明/暗示 ➡ 结论有一定依据, **但仍有局限**。

语气: 更中立, 给读者留有余地, 显得更严谨。

③ 如何表示“委婉”(hedging)?

suggest / indicate / imply ➡ 表达某种趋势

As a result, companies benefit from The same, or even higher, output in fewer days.	As a result, companies often achieve the same or even higher, output in fewer days.
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① benefit from = “从...受益” ➡ 公司从产出中获利 ➡ 逻辑上不完全贴切。

② 公司并不是“从产出受益”, 而是“达成了产出”。

③ 公司有更高产出, 当然是 benefit。但是原文听起来比较绕: 相同工作量 ➡ 完成时间少

➡ 公司从中受益

修改后：公司达到.....目标/目的 ➡ 直接用公司作为主语+主动语态，强调“公司做成了这件事情”

<u>Clearly</u> , reducing the working week pushes employees to complete tasks more efficiently.	<u>Therefore</u> , reducing the working week, <u>to a great extent</u> , pushes employees to complete tasks more efficiently.
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逻辑衔接：

- ① Clearly = “显然” ➡ 一种主观评价，带有个人判断色彩。
- ② Therefore = “因此” ➡ 逻辑推导，把前文的证据(例子)与结论紧密联系起来，更符合学术写作的逻辑。
- ③ to a great extent = “在很大程度上” ➡ 既承认效果明显，又避免绝对化

Body Paragraph 2

这段写得很好呢！！

注意以下小小的细节：

- ① Learn new skills / develop new skills其实都没问题，但是develop能体现学习和发展的过程
- ② they could balance personal lives ➡ 是他们的个人生活（复数）
- ③ workweek ➡ 一个单词

Conclusion

In conclusion, the four-day workweek is not only beneficial but also a smart step for the future of work.

什么意思呢？

“未来的工作方式发展，也是一个明智的举措”？

A better version:

In conclusion, the four-day workweek is not only beneficial for both employees and companies today, but also represents a promising model for the future of work.

New Writing Task - In-class Practising

- 14 In class, you recently discussed whether prison sentences or better education are a more effective solution to crime.

Here are some comments from your classmates:

Some people only learn if they are punished.

Teaching young people life skills can stop crime before it starts.

Prison keeps dangerous people away from society.

Better education gives everyone more chances for a good future.

Write an article for your school magazine, giving your views.

The comments above may give you some ideas, and you can also use some ideas of your own.

Your article should be between 100 and 150 words long.

You will receive up to 6 marks for the content of your article, and up to 6 marks for the language used.

IDEAS

支持 Prison (短期策略)

- ① 保护社会安全
- ② 震慑作用 warning

支持 better education (长期解决办法)

- ① 从根源解决问题
- ② 受教育 ➡ stable job ➡ 不会犯罪

Introduction:

...

Body Paragraph 1:

Point: more efficient / higher efficiency

Firstly, education can reduce crime by addressing its root causes.

Explanation:

- ① root causes: poverty; unemployment; lack of skills/opportunities
- ② mechanism: no schooling ➡ low literacy ➡ few legal jobs ➡ unstable income ➡ pressure ➡ crime risk
- ③ what education offers: qualifications; life skills; problem-solving; conflict resolution; values; awareness of the law...

Example:

Poor neighborhoods in Columbia ➡ limited schools/training ➡ high dropout rates ➡ few formal jobs ➡ local youth crime

Link/point:

...

Body Paragraph 2:

Point: mental health + satisfaction

Secondly, education offers opportunities for employment.

Explanation:

- ① education = professional training / useful skills

- ② more experience + higher competitiveness in job market
- ③ easier to get a stable job ➡ less financial pressure + more sense of purpose / mental health / life satisfaction ➡ lower crime risk
- ④ people: feel included in society ➡ less likely to commit crimes

Example:

Point/Link:

...

Conclusion:

In conclusion / To conclude / In summary / To summarize / All in all / As stated above, ...

Homework 1 - ARTICLE

完成 P8-10 的 Article

Homework 2 - Summary

12 Read the article about an environmentally friendly football club called Forest Green Rovers.

Write a summary of what the football club is doing to help the environment.

Your summary should be about 80 words long (and no more than 90 words long). You should use your own words as far as possible.

You will receive up to 6 marks for the content of your summary, and up to 6 marks for the style and accuracy of your language.

The world's most environmentally friendly football club

Professional football club Forest Green Rovers has become the world's most environmentally friendly football club. The club is based in the small town of Nailsworth, in the south west of England. With a population of around 6000, the town is the smallest place to have an English Football League team.

The club's green achievements have been attracting attention around the world for several years. It uses 100% green energy, which is provided by the company founded by the club's chairman and owner, Dale Vince. Vince has invested millions in the club since he bought it in 2010, transforming the club's image and enabling the team to become more successful. Helping the environment is very important to the club, so they have done things like putting solar panels onto the stadium roof. The club also provides free charging facilities for electric cars at the stadium for fans travelling to and from matches.

Another consideration is the pitch. The club doesn't use any harmful chemicals to maintain it. The grass is even cut using a solar-powered robot lawnmower, which uses satellite technology to find its way around the pitch. If anything gets in its way, the robot stops and goes off in a different direction, returning later in the day to cut the grass it missed first time around. The club also collects all rainwater to water the grass during dry periods.

Perhaps the most surprising environmental idea relates to the food. The club has actually become the first vegan football club in the world. This means they don't use any animal products at all in the food that is served at the stadium. The club decided to do this because of the environmental benefits, as well as to improve player performance and give fans healthier, tastier food on match days.

The club is also thinking about the future. It is making plans to move to a new stadium built entirely from wood, because it's the most environmentally friendly building material. But for the moment, they are happy to be a little bit different from anything the world of football has seen before.